



Tenacity Endurance Resilience

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People often hear and use the word 'resilience' and interpret or use it to mean 'tenacity' and 'endurance'. Most people are unaware of the difference and this can often have undesirable consequences. For example, someone could think that resilience means they should keep going when they should take a break, time to rest and recover. Others think resilience means they need to be braver and more committed to goals. It is often useful and enlightening when people realize the true meaning of words. This is also true in the conversations we have with people about resilience, stress and coping. This short piece briefly outlines the difference to help you and others you engage with to become aware of where you are at in your journey.

If you had to place the words within the context of running a race, tenacity would be the decision you make to run the race and finish the race. You'd make this decision every time you feel like giving up on your training and when you don't feel like getting up early to train for the race. Endurance would be the ability to continue running and especially when you run longer distances in different settings, for example, up hills and down hills, off road running, steeplechase, etc. Resilience would be the ability to recover quickly after a race. The ability to return to a normal state of breathing, heart rate, blood pressure, etc. Resilience is like fitness. The fitter you are, the shorter your recovery period. Resilience is similar – it is your ability to bounce back after a challenge.

The Collins Compact Dictionary & Thesaurus describes the terms as below and suggests other related words for tenacity, endurance and resilience:

Tenacity: *Holding fast. Perseverance, determination, doggedness, resolve, steadfastness.*

Endurance: *Bear (hardship) patiently. Last for a long time. Staying power, fortitude, durability, stamina, patience, longevity.*

Resilience: *Recovering quickly from a shock. Able to return to a normal shape after stretching. Flexible, elastic, pliable, rubbery, supple.*

Keeping this in mind, resilient people are people who can recover quickly after challenges. Resilient people also know when to stop and take a break, when to rest and how to do it effectively. Using sport as an example again, the most resilient (fittest) athletes are the ones who recover the fastest after running a race. Endurance athletes have developed the ability to pace themselves throughout a long race. It is important to be tenacious, but also to pace yourself and to build periods of rest and recovery into your plans so that you can last the distance. Even if life is sometimes a series of short sprints, you still need to take time to rest and recover between the sprints and if you are experiencing a marathon, take time to stop for water, take a breath, pace yourself and focus on the end goal. Whether you are sprinting or running a marathon, learn the techniques for completing the race successfully. Learn from others who have mastered the techniques.